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Effectuating Recovery: Through Structure and Support of Strength-Based Community.

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Learning Goal:

Learning goal is to bring attention to the effectiveness of psycho-social clubhouse modality. Beginning with Fountain House New York City in 1947 and now in countries throughout the world, more education is needed to broaden the awareness of the efficacy, cost effectiveness and life re-affirming attributes. Evidence based and person-centric.

Abstract Text:

Effectuating Recovery: Through Structure and Support of Strength-based Community by Alan Gary

Freedom to choose for oneself, be it, work, education, basic necessities, health and wellness or social direction are mainstays of independence. Medical modality constructs have traditionally paralleled the so-called healthful development of the individual. Classic institutional settings all too often have stripped the individual of their personhood by eliminating choice. The infamous "Bedlam" which has become synonymous as the antithesis of wellness; that is, punishment, torture, stigma of the person as "less than."

Contemporary models often maintain a hierarchy as well, although less malignant in intent. Doctor-centric psychiatry in which the patient is given more pills than minutes in a sometimes, monthly session.

Hope springs eternal in the human heart, even if seems at a snail's pace, at times. There is the clubhouse model, which affords the neuro-diverse an opportunity to DECIDE to participate in their own course of recovery toward what THEY, THEMSELVES, deem Wellness.

The psycho-dynamic of community is not new. But it is effective. It springs forth from the individual. And therein lies, its strength. For empowerment to be effective, it must be organic. Grassroots efforts from one to one to one, stem from the realization that each of us matters. But first, we must, to paraphrase the words of the late, great, immortal Ms. Aretha Franklin, "Respect each other." If one can achieve it, as Dr. Mark Vonnegut or a Winston Churchill or Abraham Lincoln, then others can do it. We are all people first and foremost. No one is greater than another and no one is less. We have different gifts and challenges. Let us put the puzzle together and discover our strengths. United. More than the sum of our parts.



**ON THE HEALING POWER
OF HUMAN RECONNECTION**